

Transcript - Fitting in as a Male Military Spouse Podcast

My name is Brian Campbell. I'm what's called a relationship manager for Military OneSource. I was an officer - a surface warfare officer in the Navy. I did that for about six and a half years. Towards the end of my time I actually met my wife who was on active duty as well. She moved to Naval Air Station Lemoore, which was across the country. My service obligation was up, so I separated from the military and followed her out to that location.

When I first got there my wife's command did not have a spouses' club, which is the norm now. The command had a wives' club. I was the first male spouse in that command ever. I didn't fit in to that organization very well. In a lot of instances, when you're talking about a spouse's organization, you're going to be the only male in the room. Generally, yes, the service is there, the support structure is there, but everything is going to have a little bit more of a female slant to it than you might be comfortable with.

One advantage I had was having been in the military before, I was able to have some social interaction with some of the men in my wife's command and talk to them, have lunch with the group, we'd have people over for dinner. You have to go out and find social interactions. That is something that I cannot stress enough is important because you will quickly find yourself isolated. If you PCS to a location where you don't have any other established friends or family, you can become very isolated very quickly. And that makes life much more difficult for you. That's why it is so important to find people you can connect with and you enjoy. That will help build that social organization that can be lacking for you as a male spouse.

Go to some of the MWR trips that are available. If you are at an installation, you will find somebody else who likes to play chess or mountain bike, whatever the case may be. And it doesn't have to be necessarily even anything on the installation. If you can find an organization, a club, a church, a civic group, something in the local area that you can feel a part of, then that's what you need to do. That's what's important -- feeling like you belong in the community.

With all of the difficulties of being a military spouse, you're not always going to find a social interaction, whether it's a club or an individual, that's going to meet all of your needs, that's going to help you through every problem. Some things are going to be very individual and specific. The professionals that are there at Military OneSource can support you and help get you through whatever situation it is. Whether it's moving to a new location, whether there are issues with your relationship with your spouse or financial difficulties, Military OneSource will be there to provide you with that support. All you've got to do is give them a call or visit them on the Web. You can call 1-800-942-9647 or on the Web at www.MilitaryOneSource.com.